

# Aerobics/Dance Room

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00AM							
		Marc		Marc			
6:00AM	Yolanda Zumba	Spin (5:45)	Yolanda Zumba	Spin (5:45)			
7:00AM		Caleb Kickboxing	Mira Bai Begin Yoga	Mira Bai Begin Yoga			
8:00AM		Caleb ABS		Caleb ABS		Rose Zumba	
9:00AM		Nancy Jo Senior Fit	Roxanne Zumba Gold	Nancy Jo Senior Fit		Jeanie EnerJenie	
	Goof & Giggle 6-12m					Elisa Yoga	
10:00AM	Goof & Giggle 1-3y				Flip City Ballet 10:30 Cheer 11:15 Tumbling 12:00		
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM			Roxanne Kids Zumba	Belly Dance Shaska			
4:00PM				Belly Dance Andrea			
5:00PM	Jeanie EnerJenie	Carol Yoga	Jeanie EnerJenie	Elisa Yoga			
6:00PM	Elisa Yoga	Rose Zumba	Carol Yoga	Rose Zumba			
7:00PM	Rose Zumba	Jeanie Boot Camp	Rose Zumba	Jeanie Boot Camp			
8:00PM		Anita Spin		Anita Spin			

	Instructor Pricing
	Discounted for members- \$4 for members, \$8 for non-members
	Free to Members
	Youth Classes - at Instructor Pricing